



# *COMMONWEALTH of VIRGINIA*

*Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

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*Department for the Aging*  
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**MEMORANDUM**

**TO:** AAA Directors  
**FROM:** Bill Peterson  
**DATE:** April 26, 2005  
**SUBJECT:** **Older Americans Month Activities**

With May just around the corner, we are being approached by the federal Administration on Aging, Virginia's Office of the Secretary of Health and Human Resources, the media, and others for a listing of Older Americans (Virginians) Month activities planned in local communities. Please forward a list of May activities scheduled in your PSA. I will compile a master list to share with interested parties.

Email your list to me at [bill.peterson@vda.virginia.gov](mailto:bill.peterson@vda.virginia.gov). Thanks.

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**MEMORANDUM**

**TO:** Executive Directors  
 Area Agencies on Aging

**FROM:** Tim M. Catherman  
 Deputy Commissioner, Support Services

**DATE:** April 26, 2005

**SUBJECT:** Virginia Aging and AoA in the News

Below are Virginia Aging or AoA related articles that have occurred since last week's Tuesday E-mailing. These links do not require a paid service; however, some (like the Washington Post, etc.) ask a brief survey or registration. Please note some links are time sensitive and can change daily. Some articles may be editorial and/or political. Links are presented 'as is'.

If you are aware of articles that I am missing, please e-mail me a link for inclusion next week.

**VDA in the News**

[Group plans to open adult day-care facility](#)

Lynchburg News and Advance - Lynchburg, VA

... referrals by their doctors, the Central Virginia Area Agency on Aging and individuals ... said Medicaid and people who qualify can receive financial assistance from ...

[Solutions Conference addresses issues of aging](#)

William and Mary News (press release) - Williamsburg, VA

... Policy Program at William and Mary in collaboration with the Center for Excellence in Aging and Geriatric Health, the Virginia Department for the Aging and the ...

**Virginia AAAs In the News**

[Rising Demand for Services Has County Playing Catch-Up](#)

Washington Post - USA

... The Area **Agency on Aging** also provides information and assistance on care coordination ... counseling, tax assistance and access to the Northern **Virginia** Long Term ...

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## **Virginia Aging and AoA in the News**

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#### **AoA News From Around the Nation**

##### **[AoA Provides \\$3 Million in Additional Hurricane Relief](#)**

April 25, 2005 - Assistant Secretary Josefina Carbonell, Administration on Aging, announced today that two states will receive an additional \$3 million in ...

#### **Other**

##### **[Senior Citizen Facts Provided by Census Bureau for Older American ...](#)**

SeniorJournal.com - San Antonio, TX

... Long-Term Living." To promote this year's event older Americans and government agencies that serve them will join with the Administration on Aging on May 4 ...

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**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors

**FROM:** Carol Cooper Driskill  
Program Coordinator

**DATE:** April 26, 2005

**SUBJECT: Nutrition Education - Strawberries**

While fresh strawberries are available year-round, now is the time for delicious in-season berries (April through June). Strawberries are cholesterol and sodium free and are a good source of Vitamin C and fiber.

The attached handout can be used for your nutrition education efforts. The information was excerpted from "Pick of the Month" a section from a Kraft Foods.com June 2004 on-line newsletter, and revised. I hope you find it useful.



## **Strawberries**

Fresh strawberries are available year-round, but berries are in-season from April through June. Strawberries are cholesterol free and sodium free and a good source of Vitamin C and fiber.

### **At the Market**

- Select plump, brightly colored berries with fresh green caps.
- If packaged, check the bottom of the container for bruised, moldy or shriveled berries.
- Berries that are not ripe at the store will not ripen further at home.

### **At Home**

- Before storing, sort the berries and throw away moldy or bruised berries.
- Refrigerate in a covered container for 2 to 3 days. Do not wash or hull them first.
- Freeze strawberries for longer storage (up to 8 months). Wash and hull the berries (see below). Pat dry and place in one layer on a baking sheet. Freeze berries until firm then transfer to airtight freezer containers or bags.

### **The Cutting Board**

- Always wash your hands first and use a clean cutting board.
- Wash strawberries before hulling them and just before using them. Quickly and gently rinse in cold water. Never soak strawberries in water - they can become waterlogged. Gently pat dry with paper towels.
- "Hulling" a strawberry removes the green leafy cap and inner white core. Pull off the leafy green cap. Use the tip of a paring knife to cut out the soft white core.
- Use an egg slicer to quickly slice washed and hulled strawberries.

### **At the Table**

- Add sliced strawberries to your bowl of cereal or toss them in your salad.
- Stir chopped strawberries into pancake or muffin batter.
- Add strawberries to a blender drink, milk shake, or "smoothie."

*Excerpted from "Pick of the Month" from Kraft Foods.com June 2004 on-line newsletter.*